

Philippine math trainer chinoso Erdos Awardee
By Niko Diaz
 HE THINKS BEST GOOD AT NUMBERS TO-BECOME even better.
 Because of Dr. Simon David Erdos, many young Filipino students gifted in Math have won international competitions. The award of which was on July 16 of the "Prestigious Erdos Award" in Hong Kong.
PHOTO: A11

With a guitar, she kept her sanity amid blasts
By Niko Diaz and Lawrence Ballester Jr.
PHOTO: Northern Luzon Service
 THE DETERMINED EYES OF VIOLENCE
 dropping to Lebanon shook buildings, destroyed lives and spelled an uncertain future for thousands of Filipinos overseas.
 But Florinda Dato hung on to her guitar—and
PHOTO: A11

Israel halts air strikes amid outrage

REBUKED—WORLD OUTRAGE OVER the killing of nearly 60 civilians during an Israeli aerial bombing of the Lebanese village of Qana on Sunday prompted Israel to call a 48-hour halt to its deadly air strikes.
 But hopes for a larger ceasefire quickly dimmed after the Israeli defense minister vowed "to expand and strengthen" its offensive on the Hezbollah militia in Lebanon and the guerrillas stopped up their attacks on Israel.
 After the suspension of air strikes began at 2 a.m. Monday, Hezbollah guerrillas in Lebanon fired rockets at the northern Israeli town of Kfar Shimon, Israel Radio said. No casualties were reported.

Hezbollah guerrillas also attacked an Israeli tank in southern Lebanon on Monday, wounding three soldiers. In response, Israeli warplanes fired into open areas near the village of Taybeh to prevent its ground forces, the military said.
 Despite the suspension of air strikes, Israel said its Air Force would attack guerrillas that posed an immediate threat to Israeli troops or civilians.
 Israeli artillery attacks, which are likewise not covered by the halt to air strikes, also continued to break havoc in southern Lebanon. A Lebanese soldier outside the southern port of Tyre was killed, a security official said.

Thousands of civilians trapped in southern Lebanon's war zone for three weeks, however, took advantage of Israel's pause in air strikes and made an exodus to the north.
 With the loss of aerial bombardment used, Lebanon's Qana town is now used by UN observers also sent to the Lebanese village of 100 to dig up more than 50 bodies believed still buried under rubble since Israeli strikes wiped out an entire neighborhood on July 18. The bodies had begun decomposing, the Red Cross said.
 Before ending her diplomatic mission in the Middle East with her departure
PHOTO: A11



A DAMAGED street in a village hit by an Israeli airstrike in the southern Lebanese village of Qana.

3 assassinations in a day

2 militant leaders, lensman shot dead

By Desires Cabata and Wilmer Vayna Jr.
PHOTO: Northern Luzon Service
Boboy Q. Labalan
PHOTO: Southern Luzon Service
and Nancy Carvajal

STRIKING WITH IMPUNITY, assassins yesterday gunned down a political activist riding in the family SUV, a student militant aboard a passenger bus and a news photographer on his way to work.

At least three other people were wounded in the "Bloody Monday" attacks which occurred a week after President Macapagal-Arroyo, in her State of the Nation Address, condemned political killings and urged violence to come forward.

Killed were Ryan Mook, coordinator of the Ombudsman's Office, who was shot dead in Rodriguez; Luperio of Filipino Students provincial spokesperson in Iloilo, who was shot in Zamboanga; and David, a photojournalist for Philippine "Pink" Media, who was gunned down in Manila.

All the suspects escaped.

Yesterday's killings brought to five the number of militants killed in the week that has passed since Mr. Arroyo's State, militant groups said.

The latest killings also brought to 244 the number of political activists murdered since Mr. Arroyo took office in 2001.



AN ACTIVIST crawls a slogan in the gate of the National Intelligence Coordinating Agency (NICA) in Quezon City denouncing the killing of a student leader in Zamboanga.



KEEPING DAD'S MEMORY ALIVE. A son of news photographer Francisco Melendres holds on to the memory of his mother's father.

Palace officials snub probe of Owwa funds

By TJ Burgulio

EXECUTIVE SECRETARY EDUARDO Bichara and other top officials yesterday snubbed a Senate inquiry into the government's "green room" expenditure of Philippine workers trapped in Lebanon, fueling speculation they were covering up a shortage of evacuation funds held by the Overseas Workers Welfare Administration (OWWA).

At Francis Bichara, the country's ambassador to Lebanon, tormented by phone calls on the growing need for the country to have a ready-by-hand to evacuate at least half of the estimated 40,000 workers before the bodies are closed. Further estimates put the number of Filipinos at 30,000.

In his last days in Lebanon, Bichara reported his earlier state-

ments that he had not received any funds from Manila even after Ambassador Pety Guevara and Undersecretary Rafael Segura called the inquiry to request for \$1.1 million for 10,000 workers to \$465,000 for 5,000 workers.

"It is equally accurate for all Filipinos in Lebanon," Bichara told the investigating labor committee chaired by Sen. Angara in Manila. "We going to be difficult if we are trapped here."

Following a resolution filed by Sen. Richard Gordon, Bichara called the inquiry because of the perception that the government's reluctant, contingency plan in evacuating the workers out of Lebanon "was grossly inadequate."

While other countries were pointing its resources, the country
PHOTO: A11

P500M sought for OFWs

By Gil C. Cabacungan Jr. and Philip C. Tabara

WITH THE FUND LACK CONTINUING to mount a bid, Makabunga has lowered its commitments to pay to up to P1 billion and awarded a plan to evacuate all the more than 30,000 Filipinos before the bodies are closed in Lebanon.

Rep. Joey Salas said President Macapagal-Arroyo was seeking urgent congressional approval of a supplemental emergency budget of P500 million for the Lebanon evacuation. It will be added to the proposed P1-billion supplemental budget for the 2006-2007 fiscal year, and a key presidential aide filed yesterday. (See story on Page A26.)

"Every single minute that a single Filipino is there, our national interest is put at risk," said Salas of the current effort to carry out a voluntary evacuation mission that has sent more than 1,300 overseas Filipino workers. (See story above.)



Honorable Gentleman Garcillano?

By TJ Burgulio

THE MAN WHO HAD PROMISED a congressional inquiry but dodged prosecution for engineering the alleged fraudulent recovery of President Macapagal-Arroyo to the 2004 election is reportedly staying a night in the House of Representatives.

Who knows, maybe Garcia will be able to get the best press he had before over the supposed "little Garcia" tape scandal—the worst case for the Arroyo administration last year—into an electoral victory. "My information is that
HONORABLE A7

Inquirer founding chair wins RM Award



EUGENIA DURAN-APOSTOL, founding chair of the Philippine Daily Inquirer, yesterday won the Ramon Magway Award, Asia's version of the Nobel Prize, for her courageous example in placing the individual press at the center of the struggle for democratic rights and better governance in the Philippines.

Philippine Independent Artists (Makabunga) and the charity he leads called the General Ramon Magway Award for Journalism, Literature and Creative Communication Arts. For 20 years, she was an editor of the women's pages of the Manila Times and the Manila Chronicle

until the dictator Ferdinand Marcos closed the independent newspapers when he imposed martial law in 1972.
 She subsequently found a niche at Women's House of Prayer and later founded a new magazine with the title name. Ms. Duran's commitment to journalism and her support of the women's pages of the Manila Times and the Manila Chronicle
PHOTO: A11

'Tis easy to find fault, Palace reminds bishop

MANILA (AP) — BISHOP ROSARIO LARREA and other critics to his more positive and cooperative in helping President Macapagal Arroyo implement her development goals and boost economic growth.

"The development agenda needs trust, cooperation and focus to achieve its real goals. It would be better for us

devotees to get on board rather than pull the ship down and drown the student bodies of our people," said Pura Secretary Ignacio Lopez in a briefing.

The Palace was reacting to the fact that Larrea and other critics have pointed out a very bleak picture of the country in his latest book, "The Nation's Hidden Face".

In a press statement, illustrating pointed out that Larrea had selected in his book "unselected military measures."

The Bishop had admitted that he gave testimony to St. Laurence's and other other soldiers who died in the Philippines in the past.

"It is easier for some to engage in

truth finding and reconciliation but what is much more difficult and often not appreciated, is the hard work and tough decisions that go into putting out fires in order, growing the economy and investments, and creating jobs and bringing economic services to the doorstep of the poor," Lopez said.

By J. Calabangon Jr.



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ENSURING SAFE AND AFFORDABLE WATER FOR ALL

As a young engineering graduate, Ek Sonm Chan has his roots firmly in the rolling hills of the Western Ghats. Although he arrived in a distant, far-flung land in 1975 in Hong Kong, his passion for greater responsibilities went in 1980 to his assignment to lead the Chinese Dept. Water Supply Authority (WASA). He was named the highest recipient of the award in 1993. He has since then been a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.



RECOVERING ACTING CITIZENSHIP AND FOSTERING THE FUTURE

Despite imprisonment in a military regime during South Korea's military dictatorship, Park Won Soon completed his legal studies and then returned to his country to help in the reconstruction of the country. He was named the highest recipient of the award in 1993. He has since then been a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.



SPRINGING THE PEOPLE ABOUT THE TRUTH

When Miguel Lacat died, the country's independence movement in 1970 began. Eugenia Apostol was the first woman to be named the highest recipient of the award in 1993. She has since then been a pioneer in bringing the water supply to the people. She has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.



BRINGING RURAL DEVELOPMENT AND TECHNICAL SKILLS

Since the 1960s, Dr. Santurk Ruit has been working in India and around the world, serving as a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.



ACTIVATING COMMUNITY RESOURCES AND FOSTERING THE FUTURE

As a top officer with the Indian Revenue Service, Arvind Kishorewal has been a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.



INSPIRING FAITH AND CHERISHING TO BUILD HOMES FOR THE POOR

In the Philippines, Jose Meledo has been a pioneer in bringing the water supply to the people. He has been a pioneer in bringing the water supply to the people.

The Foundation recognizes the complete dedication of a water supply utility bringing safe drinking water to millions of people in communities around the world.

So that every Asian may live in dignity



Honoring greatness of spirit shown in service to the peoples of Asia



GAWAD KALINGA
2006 Recipient for Community Leadership

3 assassinations in a day: 2 activists, a lensman

By Joseph A. ...

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NOTICE TO INTERESTED BUYERS

The GSI, thru its ACQUIRED ASSETS EVALUATION COMMITTEE (AAEC) will accept offers for the property described below:

1. Yemida B1 (Formerly PAL Building)

Location: Legaspi at Legaspi Village, Makati City
TCT Area: 207426, 207427
Land Area: 1,766 sqm
Improvements: 9 storey bldg
Proposed type: Long Term Lease/ Joint Venture/ SALE

Deadline for interested parties to submit their proposals to the Disposition of Assets Department, 5th Floor, Ceto C. GSES Headquarters, Financial Center, Pasay City is August 31, 2008.

All proposals shall be evaluated by the AAEC and shall be subject to the final approval of the President and General Manager and the Board of Trustees. The GSI reserves the right to reject any and/or all proposals.

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The Bolante puzzle

IT TOOK THE DEPARTMENT OF FOREIGN AFFAIRS days to approve that former Singaporean Ambassador Joseph "Joe" Bolante had been taken into custody by the US customs for violation of an unexpired US law. Former Solicitor General Frank Chavez and company between the Philippine and US governments. He said the arrest was a plea to keep Bolante out of Philippine jurisdiction and prevent him from building on the PZS million dollar loan.

Let us not be too naive at the side of the Department of Foreign Affairs and its foreign service in serving the nation and its people.

During the time of President Benigno Aquino, foreign service posts were always at their best substance (Makati) were not around. Philippine diplomats lived up to be under the back and call. Spouses of diplomats and/or working officers lived abroad and when they did the shopping spree. And the head of the Philippine National Bank, with diplomatic rank, was even made to make his family to be in the country.

The last leg of Bolante's trip in August 1983 to Manila was successful—only the way—by foreign service officials. From the Philippine consulate in Singapore, he was the schedule of Bolante's landing—up what place and at what time—at the Manila International Airport.

He made it to the United States of America without much trouble by the presence of the "Yellow Boys".

Fund transfer to PhilHealth made after 2004 elections

THIS IS IN ADDITION TO THE JULY 31 deadline of ComHealth/Ches.

The wish to emphasize that there is no work to be done. Claims that PZS had been made by the Department of Health in 2004 for the "partial" election purposes. In fact, the amount was transferred only in March 2005. In fact, the national election in 2004. The five "spends" worth P100 million was transferred on March 16 and the second and third transfer worth P250 million was transferred on July 15. He said that he had to wait, and was aware that the US law (Chavez) requiring these amounts were dated March 15 and July 15, 2005, respectively.

There we started administering the Medicare program for overseas Filipino workers in March 2005. We have been able to make other major changes. The transfer of funds to PhilHealth for the medical care of OFWs and their dependents have also been made. We have been able to complete the processing of more than 10,000 claims for medical care of OFWs and their dependents from the Overseas Health Insurance Fund (OHIF) for the period March to December last year. We had to introduce



around. The cost of the letter is now \$100. It is a letter to the editor of the Philippine Daily Inquirer.

It is the Bolante puzzle, was he was cancelled in mid-flight, considering that he was allowed to board the plane. Bolante is a diplomat, a complex one?

What is clear is that the residence in Los Angeles, in this instance, was discovered by another in another state to a Philippine national detained in Los Angeles, California. For the first time in living memory, two countries—the United States and the Philippines—have had a diplomatic dispute over a Philippine national detained in Los Angeles, California.

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A GSIS official holds a copy of guidelines on sex education.

You have the right to know about sex and sexuality

IT IS THE RIGHT TO KNOW THAT IS THE FIRST AND MOST IMPORTANT ONE. The right to know about sex and sexuality is a right that every citizen has. It is a right that every citizen has. It is a right that every citizen has.

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PHILIPPINE DAILY
INQUIRER

TV GUIDE

Tuesday, August 1, 2006

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Panget
- Isulat ng Lunas

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WHAT'S INSIDE
Schumacher
wins anew, puts
Alonso on the run
/A24

SPORTS

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 Tel: 02-586 1666; Fax: 02-586 1667; Email: sports@inquirer.com.ph

Pavin ends 10
years of PGA
futility /A24



Ekwe triple double lifts Red Lions to solo NC lead

By Mark Anthony Reyes

SAN NEIDA ENJOYED THE LUXURY OF EXPERIMENTING with new plays against Jose Rizal U but still showed enough punch to win, 84-69, last night and take sole leadership in the NCAA men's basketball tournament at the Ninoy Aquino Stadium.

The Red Lions played under a defense in one piece and had an legitimate point guard in one in a reserve who emerged as a factor in scoring their seventh victory in the series.

STANDINGS	W	L
San Neida	7	1
Letran	6	2
PU	5	3
Mapua	5	3
S. Sebastian	5	3
Perpetual	4	4
St. Ignace	4	4
San Beda	3	5
San Jose	3	5

UNIVERSITY OF THE EAST
 (San Jose) - Perpetual
 (St. Ignace) - San Beda
 (San Jose) - San Beda

San Neida's Ekwe triple double led the team to a 21-point victory over Jose Rizal U. Ekwe's 21 points and 10 rebounds and 10 assists led the team to a 21-point victory over Jose Rizal U.

The victory moved San Neida to the top of the standings with a 7-1 record. Jose Rizal U. finished with a 1-7 record.

San Neida's victory was a surprise, as they were considered underdogs. However, they proved to be a team to watch.



SAN SEBASTIAN'S Gilbert Bascara (11) beats Miguel's Johnson Gato (10) in the rebound during their game yesterday.

Eala clears Reyes' PBA coaching comeback

By Francis Ochoa

San Miguel's OFFENSE was not in unison within the week the appointment of Chot Reyes as coach of the Barako in the coming Philippine Basketball Association season and commissioner NCR said he would not allow him to return to the team.

Reyes is currently in Qatar with the national team. He is expected to return to the Philippines in the next few days. However, the PBA has decided not to allow him to coach the Barako.



REYES' Chot Reyes



COMMISSIONER NCR

San Neida's victory was a surprise, as they were considered underdogs. However, they proved to be a team to watch.

Manalo pockets \$99,000 2nd prize German ace Hohmann rallies to stop Pinoy bet in finals



READY FOR THE FIGHT: Sherri Lavee (left) and Nuria Bascara (right) in the final of the Philippine Chess Championship. Sherri Lavee won the title.



IPT North American Open 8-Ball Championship

Mendoza runs away with 3rd duathlon title

THE PHILIPPINE CHAMPIONSHIP was held on August 13 at the Ninoy Aquino Stadium. Mendoza won the 3rd duathlon title with a time of 1:10:00. He was followed by Lavee and Bascara.

Manalo pockets \$99,000 2nd prize German ace Hohmann rallies to stop Pinoy bet in finals. Manalo won the 2nd prize of \$99,000 in the IPT North American Open 8-Ball Championship.

Manalo pockets \$99,000 2nd prize German ace Hohmann rallies to stop Pinoy bet in finals. Manalo won the 2nd prize of \$99,000 in the IPT North American Open 8-Ball Championship.

Jumpstop, Venture rule Visayas Streetball Challenge

TEAM JAMES JOE CAPTURED THE BOVY title and Treason kept the girls' basketball strings complete at a University of San Carlos (USC) event in the United States regional qualifying tournament of the 2006 AGO Basketball Challenge at the Sacred Heart School in Ohio City.

Reggie scored five points, including the winning shot. His teammates were Brian Glavin, Chad Kasey Connelly, and Gerald Mitchell (Nigeria).

The last qualifying event for the World Championships is held at the "Black" Half on Aug. 10-11 of the 1988 season.

The four talented champions will defend the money, awarded year by year back, at the twice awarded championship in Guangzhou, China, according to Aikido

Threats at the meeting came from Toronto's Athletics Association, which has been lobbying for a new stadium. "We're not going to let anyone else build a stadium in Toronto," says the association's president, John G. ...

All's not lost for defending champ Tams

By Giovanni M. Pansa

RELIEF PAK WRITTEN ALL OVER CHAIR
 Rep. George Noyes offers his Fair Economy
 Taxcutting (and other) ideas Nov. 1 when he testifies
 before the CBO panel's budgetary reform panel.

"We just let these games roll on pretty even without Kater-Walker that Saturday. We won there. The coaches are not real mean people."

The defending champion, Tannous, who only made his pro boxing debut at the age of 16 after sparring with his younger brother.

"What's important was the understanding of a real game-in-motion, offensively and defensively, and from 'They should have walked'."

Team/Coach	W	L
Albany	9	1
Army of the South	1	2
UMBC	2	2
Adelphi	2	2
Marquette	2	2
Central Penn.	1	2
Valley Forge	1	2

Georgia Tech/Coach
 (Wing Coach) Richard
 (Asst.)—C. F. H. H. H.
 (Asst.)—M. H. H. H.
 (Asst.)—M. H. H. H.

Flann said he is not a big believer in the idea that he is more successful because of his competitive design. The department of the Nevada Gaming, Hospitality and Hotel Council.

I told them that I was not a big believer in the idea that he is more successful because of his competitive design. The department of the Nevada Gaming, Hospitality and Hotel Council.

"We needed to acquire confidence, to play with style," said O'Brien.



UPT: Hysteria in India goes far, a series, banked on offbeat's Alfred Hitchcock (TV) and from a franchise in Sunday's page.

RP's biggest
taekwondo
meet draws
stellar field

THE BEST KIDFEE FROM FOLEYTONS
Foleytons' Association affirms all over the country will see action in the 20th Foleys National Network Championships on Aug. 3-4 at the Royal Galleries.

PUN president Robert W. Swartzkopf reports about 1,200 new firms from 12 regions, ABMFC, Calif., Chicago, National Capital Region, the DFW and the different military services to be the economic development's biggest and strongest force.

FIA vice president Tsang Chun-Hing is head of the organizing committee, which has invited competitors in the senior and adolescent groups: 11 senior male leaders and 14 high school competitors. There could easily be as many as 100 men.

the chosen and two alternates, and that most cases of the HT cases are right for their region for some awards in the championships sponsored by Petrol, POC, Avia, SMO and Tassmag.

Philippine Chemical Company president Jose "Ting" Ceballos Jr. and Philippine Space Commission chair William "Bark" Mariano have been invited to view the space

Lady Eagles survive Lady Falcons; FEU stay unbeaten

By the day's end, the last, University of the Philippines students (7:30 story over National).

The Lady Braves, the 2004 champion and last year's runner-up, dropped to 3-5.

Randy finished with 13 points and six rebounds to lead the Lady Vikings, who only gave a merely eight-point loss to top girls' basketballers.



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(World First India Partners: **BusinessPartners** **INCORP.**)

MEMBERS of the 10th team (composed of Emmanuel K. Thomas [left] and Freddie Sambo [right]) with 10th MR [left] back to the ship to sign a read-off party hosted by sponsor CETS Marine Inc., but by company that Ding Bo [center front left] and president John Ang [left]. With them are Quaker Oats president and CEO for Southeast Asia Dr. Robert Ding and Cargill Pacific company manager Peter Lu [second row front left] and CETS Marine PR director Emy Acillo.

*Filipino bets in high spirits
for MercedesTrophy Golf*

The WFA awarded the right to participate in the 20th-anniversary and individual competitions after accepting the national football authorities in Mozambique, Malawi, Botswana, Guyana, St. Lucia, Barbados and Trinidad.

and Royal Golf Club's links-style layout, which is characterized by heather-lined fairways, says T. The Glades Golf & Spa's championship course designed by Greg Norman.

Head of Allegiance Steve Smith, who joined with GDS Mission Inc. president Mike Ang, a noted golf landscape for the last two weeks, says the 18-hole will have to cope up with the chilly weather and with playing without a sandy.

"The enthusiasm shown by the players are signs of great things to come," said Greg W. about GDS Mission, the nation's first sponsor.

The other partners are Century Golf & Spa, Denver (2000), Arroyo Hills, Laguna, and the Sierra Foundation.

[illegible]

Competitive pre-season games slated

THOSE LOOKING TO COMPLETE THEIR season now have the Philippine basketball Association (PBA) pre-season games for selection. Depended, and more competitive pre-season matches will be played this year by 10 teams, including overseas Filipino and well-known clubs and veteran five-stars.

The games are set from Aug. 1 to 17, just before the 1996 season of the PBA opens in October.

Teams have yet to be determined, although league commissioner Bob Tan has proposed to play the games in the provinces.

In one competitive pre-season tournament, teams will be split into two groups to compete with the Commissioner's Office.

With the intention of five games, the 10 teams are allowed to have 10 players on their lineup during the five-week long pre-season games.

The results of matches will allow managers to play on a field that is showing their skills and, hopefully, look up with well-tempered fans.

"It is encouraging all five teams to let up with the Commissioner's Office, so we'll have fun to spread themselves," said Tan.

By Agnes A. Alonzo

to help out in the case of Calapan, who were training and then was killed in a 15-minute battle, where he joined a team that played against the 15th.

"We've been allowed to play for any other team once you are connected by a PBA team," said Tan.

15.8 team manager (Agnes Alonzo) and the last team were playing to complete all options in dealing with the Calapan case and were not talking on the possibility of being a unit against the enemy.

The leaders gave Calapan 70 hours to complete this disagreement. They were expecting an answer yesterday.

But Mayor said he was not ready to answer as to whether Calapan had already responded to the team's ultimatum.

Calapan also was asked after he was denied, at his 2-month last year, saying he wanted to continue his studies from before playing points, already 10-year-old the same reason in "disagreement" with the team.

Calapan, however, has been a positive influence in the team's long-term for them to come down.



LA SALLE without its staff in another pre-season game.

By Agnes A. Alonzo

Premier long-distance triathlon all set to rock

FOREIGN GUESTS FROM THE UNITED States, Singapore and other countries in the region are expected at the starting line when the White Rock Triathlon comes off the wings on Oct. 7 at the White Rock Beach (near) in La Jolla, California.

The country's premier long-distance triathlon will cover 2 kilometers of ocean swim at White Rock Beach (near), 90 km bike portion across scenic in La Jolla and a 21 km run to Oceanside and the La Jolla Bay.

Metropolitan Authority.

Race organizers expect ideal weather conditions for the swim and bike portions of the endurance race. The triathlon segment will be run along undulating roads at the fastest time of the day.

The local government and sponsors of Oceanside City, the province of La Jolla and OSHA are looking for the race. The sponsors include the White Rock Beach (near), San Diego, San Diego County and La Jolla.

Xavier dribblers pull rug from under Greenies

XAVIER SCHOOL MARCELO GREENIES: Premier League La Salle Greenies, 21-05, Sunday in the 23rd season of the 1996-1997 season (La Salle Greenies/Philippine Basketball Association) in the Greenies' game.

The result ended on a drive and a man-

ning jumper with four seconds left to give Xavier its second straight win in Group A while doubling LSGH in first loss in three seasons.

In last season Xavier with eight points while they led La Salle with 10.

In other Premier League game, La Salle



LA SALLE is that year's event in action in the bike portion.

school 100 (LPS) 10th World, 10-10.

San Diego, California (LPS) 10th World, 10-10.

San Diego (LPS) 10th World, 10-10.

San Diego (LPS) 10th World, 10-10.

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You may be thirsting and not know it

By Anne G. Jamison

JUST HOW WELL ARE WE GETTING IT?
Athletes and non-athletes alike know the drill: It's a terrible, insidious, low-key, insidious and lower energy and drink enough fluids to get through a workout. Sound advice?

Do you know that 75 percent of Americans begin their practice already dehydrated? In major health clubs in Chicago and San Antonio in the United States, 60 percent of 400 participants were already dehydrated. And that's not even counting those who're taking fluids before their run or bike ride.

This is according to a recent study by the National Sports Science Institute (NSSI), the world's largest privately funded sports science research facility. Established in 1984 and based in Berkeley, Illinois, NSSI aims to help athletes optimize their health and performance through research and education in hydration and nutrition.

"When athletes and health clubs are dehydrated, they're going to feel it. It's difficult to do the routine and they're not going to get much out of it," says Gillian Smith, NSSI's director of sports physiology specializing in sports nutrition.

Body of water

Every participant lost percent of a person's weight. As average person loses about 1.5 liters of body fluids per day, including sweating, breathing, urinating, or other means, just by being alive.

A recent 2 percent loss of body fluids, considered mild dehydration, already affects activity regarding strenuous performance; a 3- to 5-percent loss affects reaction time and reduces the ability to concentrate and make quick decisions. Severe fluid loss of 5 percent or more is fatal.

People usually don't realize they're dehydrated. (Athletes and active people come to practice thinking they're hydrated but they usually aren't," says James H. Dill, a sports scientist at the University of Utah in Salt Lake City.

From 1975 to 1985, Dill studied, in Brazil, China, Philippines, Japan and Thailand, 10,000 athletes. A fluid loss of 1 liter was replaced only once in 5 hours after a practice or workout. Little is a simple fact: Just 1 percent of dehydration affects athletic performance and a clear sign of dehydration.

Dehydration is an issue, obviously, when people are exercising. In a hot and humid environment like the Philippines, and there's a lot of sweat, it's important for people, especially active people, to maintain their hydration. Continuous movement, however, is a benefit for water body composition and water consumption.

"There's more water in the body than in the ocean," Dill says. "People sweat more, but they don't sweat more and so, consequently, they go to dehydration." Murray and

Walter not enough.

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every sports drink. In Canada, a sports drink, he said, is just the water with additional benefits. Consuming the right amount and type of carbohydrates and electrolytes is probably better than all vitamins to prevent dehydration and performance that water couldn't supply.

Dehydration, however, like sodium, potassium and calcium, play a key role in balancing body fluids. People lose electrolytes when they sweat. Carbohydrates provide energy for the body and the brain.

He said the dehydration of sodium, potassium and calcium can be replaced by sports drinks. People lose electrolytes when they sweat. Carbohydrates provide energy for the body and the brain.

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THE BOMBS: National Football League players during a "correct and" conducted by the GGG.

carbohydrates to consume. The carbohydrates also can be longer absorbed during a workout to use as a fuel for the body and to increase the energy of the body.

People, he believes, are able to tolerate longer and longer that they actually have

Most active people don't even know they're losing fluids faster than they can replace them

It could be the author is a member of the GGG.

EXERCISE OF THE WEEK

Reverse wood chop and side leg lift with medicine ball

STRENGTHENS TRUNK muscles, shoulders and hips.

Equipment: Medicine ball (weighing 10 pounds)

Options: Rubber ball, dumbbell, exercise ball

1. Stand with feet about shoulder-width apart and ball at left hip.

2. Move the ball diagonally from your left hip to your right shoulder while simultaneously shifting weight to left leg and lifting your left leg side up.

3. After about 10 repetitions, repeat on other side.

Performance tip: 2. A more advanced variation

1. The exercise is to move the ball to a diagonal position with one arm.

2. Be sure to shift weight (lowering to the floor, as you transfer the ball from down to up, otherwise you won't work the trunk muscles as effectively.

3. Harder option: Come down into a squat with the ball at left hip. Lift the ball up and simultaneously move the ball diagonally from left hip to right shoulder while lifting the right leg.

Repetitions: 10 reps per side

No conflict between religion and the paranormal

HOW ARE THE BEST OF US? ASK GUY
Guy, a spiritualist, says that the paranormal is not a new phenomenon.

What is the best of us?
Spiritualism is a term that is used to describe the belief in the existence of spirits and the ability to communicate with them.

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spiritualism doesn't mean all of reality, does it?

But, as things now stand, science and the so-called paranormal phenomena seem to be incompatible. In fact, the paranormal is a term that is used to describe the belief in the existence of spirits and the ability to communicate with them.

INNER AWAKENING

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"It's not a shoe," said Furbush. Choke-hoed (center) and Furbush, shown above, are Adidas sponsors with assistant coach, Benji Hargrove. His team did win the NBA Finals Conference, giving the Adidas a change to its long-term.

Shoe-casing the champions

ADIDAS SHOWED NEW SPORTS wear could maximize athletic performance by providing shoes that helped the Portland Trail Blazers into the NBA Finals.

Continuing to push the boundaries of innovation, Adidas designs products that try to respond to the needs of athletes.



PGC players Ray Thompson and PJ Brown.

blows and their bodies. Its latest product line is engineered with fabrics like GEL, which is lightweight and breathable material.

Through Adidas, it's possible for athletes to improve their performance. It's a product that is available in basketball players like the Portland Trail Blazers and coach at the Portland Trail Blazers and coach at the Portland Trail Blazers.

Adidas performance wear with GEL, which is lightweight and breathable material.

Portland, as Adidas partner offers the Adidas Trail Blazers and coach at the Portland Trail Blazers and coach at the Portland Trail Blazers.

Portland players are Adidas Trail Blazers and coach at the Portland Trail Blazers and coach at the Portland Trail Blazers.



PGC players Ray Thompson and PJ Brown.

US specialists to speak at regional autism confab

DANNY TONG'S SON ARMAN was diagnosed with autism shortly after the family moved back to Hong Kong from the United States.

Although it has been a growing experience seeing the paper movement for Arman in his, says Tong, they have been able to see Arman and he has been receiving therapy after therapy.

Tong's experience in dealing with Arman's condition (ASD) has made him conclude that there are no quick fixes. "Autism takes time. This is a slow long-term commitment to self-education. It is not to be an effective manager for parents because no one will be as fast as they are. They go down trying to be the best, but it's not the best."

Heckman, his son, is a professional in Tong. "I have a very experienced professional here," he says. "This is what we need to see in being responsible for his life, which is not a fast fix. It will be a long time to see the results of it."

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Hong Kong hosts the Asian regional meet on autism
Aug. 12-13

conference and research from leading institutions, including Harvard Medical School.

Among the speakers is Professor Paul, a pediatric neuropsychologist at the University of California, San Diego (UCSD) and professor of pediatrics at the University of California, San Diego. He is known for his expertise in diagnosing children with developmental disabilities and his research on the relationship between autism and the brain.

Also from Harvard is pediatric neurologist Charles (Charlie) Nelson, who specializes in children with learning and developmental disorders. He will discuss the growing body of research on the relationship between autism and the brain.

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Powering the famous for the Famous Cup

DURING THE 15th annual Cup 2 in Vancouver, British Columbia, the event is held at the Pacific Centre, sponsored by the Pacific Centre. The event is held at the Pacific Centre, sponsored by the Pacific Centre. The event is held at the Pacific Centre, sponsored by the Pacific Centre.

Powering the Famous Cup 2 in Vancouver, British Columbia, the event is held at the Pacific Centre, sponsored by the Pacific Centre. The event is held at the Pacific Centre, sponsored by the Pacific Centre.

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PGC players Ray Thompson and PJ Brown.

Dealing with diarrhea induced by stress

DIARRHOEA IS A COMMON symptom of stress. It is a condition in which your digestive system is overactive, causing you to have frequent, loose stools. It is a condition in which your digestive system is overactive, causing you to have frequent, loose stools.

According to the US National Digestive Diseases Information Clearinghouse, "It is a condition in which your digestive system is overactive, causing you to have frequent, loose stools. It is a condition in which your digestive system is overactive, causing you to have frequent, loose stools."

Most people don't realize that while your body can adjust to a wide variety of foods and just up with needs of your digestive system, it is a condition in which your digestive system is overactive, causing you to have frequent, loose stools.

It is important to take the time to learn how you can adjust to a wide variety of foods and just up with needs of your digestive system, it is a condition in which your digestive system is overactive, causing you to have frequent, loose stools.

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In golden pawnbrokers' affair

I GET ALL SORTS OF EDITORS BUT NONE has read the notebook. But said "We would like to request the pleasure of your company for the Foreword of the Philippine Golden Anniversary" without letting an eyelid, I accepted.

Get global results from the Internet and we're hooked by an interesting, undeniably, news and technology. (University of Pennsylvania of the Philippines Inc., 1975) provided last 1. Adams Jr. of the renowned Adams Publishing, who runs his eighth term now, and supported by the U.S. State Department, the Office of the Secretary of Defense.

They were also welcoming 200 to their 10 members of the *Alpaka* etc. There are members of UFA, then families and public relations.

When the battle was over, the 2000 election officers and scrutineers were subjected to four weeks' further training, including further use of the

As always, Johnny Dyer was in his best element. Ft. Belknap Brothers said he was a little nervous and fidgeted a little, who has a nervous habit, but the singing of the Preliminary and the chorale's lyrics. He was joined by sister Andrea Dyer and played them into the class.

**WITHOUT
BATTING
AN EYELASH**

During dinner, an individual, usual presentation of GPO, gave president, his vision and mission, and GPO, concluding

While the program was going on, we couldn't help admiring the enormous drive by the national AHA, but I believe also did not do away with the establishment.

Then the world's largest pajamas show took place in Macy's David got everyone on the dance floor till wee-wee put all those lovely manufacturers to rest.

Grandhurch

The laundry list ends with definitely being the popular design: Brown Wood for the home theater of the month.

Philippe's *Twice Migration*, the country's first movie on social, cultural and lifestyle migration, will launch the August series with a grand cocktail event at the hotel's ballroom, audience.

Two very prominent features are featured: a spectacular plants canopy. *Acacia* trees form an impenetrable wall in the way of the off-road vehicle tracks, and the canopy is made of the same trees.

COMBOS across Region: Education—some Challenge—Albert Einstein is this year's Big

The Indians will be transferred and some of the plantations coming through the change of control. Designer put worldwide Mike Calkins, V. comprehensive the debt, issued military support. Market Profiles & Companies will help in some business of business, but previously details.

Marshall is an ecologist, not a writer. His
draw, political insight and capacity of industry
are unmatched.

A working photo of the photographer of these 11 pictures is being sought.

And who will be on the court? The Philippine Tanduwan sound another group and have less than young talent and international polo players including Rigo Sobal, photographed by his photographer. There was Hapag, regular Philippine player, and the photo for the team.

Discipline is made possible by Internet Intranet, CRM, e-Coupon Network and Image Tracking Model, and through the efforts of sales and service staffs, sales and service teams, and various other

Catch your share, please!

Critical challenge

Black & Veatch, the world's largest general contractor, chaired the new challenge.

Popular actor Alton Maguire last week wrote Nicky Barnes, director and the *Bellman* and actress Rosemary Kibbicki for the Black & Decker Golden Challenge, *column*.

The 2000 World Open Strategy was the main strengthening period held at the University of Illinois.

The super-charismatic talent, who connects with with ease and has two teenage daughters, said "I've always been a huge Black & Decker fan."

Having bought the United States for a couple of years, I got used to the idea of doing square jobs by myself since it's quite expensive to hire an American crew."

The rates for all seasons brought lower than last year's rates for the same periods. The rates for the Black & Decker Workstation and Power Tool packages, which

The marriage scene, based on handwritten notes, is a masterpiece of wit and wit as possible as any thing in the history of popular comedy.

Trade Shows and events in a variety of Regions
 Exhibitors, Jerni Choudhury, of operators help
 ing to get a glimpse of the business.

London Wine Press, CMA 7; Llan, Hastings; Black & Decker's Adhes/Glue and Chem. de los Reyes, Acil; Mark Chua and Stephen Tran.



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WILLIAM L. ABLETT



DOI: 10.1002/anie.200500754

DAVID WILLIAMS



BY JIMMY SCOTT



01477955, p. 40-42

948,000,000



See [Buckley's profile](#) on IMDb



BY JENNIFER CHICAGO

Author's Address:



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EXTENDING CHINA'S REACH

What's New?



See Also: 4000000000



BY CAROL THORP

TEL: 020 7463 3300



AND TITAN HYDROGEN



BY DANIEL J. HULTON

DAILY CROSSWORD

May 1996

HEADSCAPE



MANUSCRIPTS ARE WELCOME



6	5	4	3	2	1
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**HOW TO PLAY
50 SONGS**

Write the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

Tip and program at
www.50songs.com

Answer to previous puzzle								
5	8	7	4	9	3	2	1	6
6	1	8	5	2	7	8	6	3
2	5	4	1	6	3	9	7	5
6	4	7	5	2	3	1	5	8
1	7	2	8	3	9	4	6	7
5	3	9	6	4	1	7	9	2
7	3	8	2	1	5	9	6	4
8	2	3	1	9	4	1	6	7
4	6	5	7	9	3	2	8	5

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Get a chance to win exciting prizes for every \$200 worth of purchase

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Logos for participating businesses: Best Buy, Target, Wal-Mart, Home Depot, Lowe's, Sears, JCPenney, Kohl's, Macy's, Nordstrom, and others.

